

# FAQ

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Q

What do I need to bring for retreat participation?

A

Nothing. Any required materials will be provided to participants.

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750

# FAQ

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Q

What are the physical requirements of retreat activity?

A

Retreat attendees will be invited to engage in gentle movement exercises.

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750

# FAQ

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Q

Is there a dress code?

A

Please bring or wear comfortable clothing and footwear. Some of the activities will require gentle movement.

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\$750

# FAQ

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Q

What are the payment options?

A

1. Make the payment in full or  
2. Pay a deposit (50% of the registration fee) to secure your registration and pay the other 50% by May 11, 2024

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750

# FAQ

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Q

Can I receive a refund if I am unable to attend?

A

All deposits and registration fees are non-refundable. 50% of the registration fee can be refunded if a request to cancel your registration is made in writing by May 1st.

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750

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Q

How will you accommodate vegetarians or individuals with special dietary needs?

A

Please indicate on your registration form your dietary preferences and restrictions.

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\$750

# FAQ

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Q

Are transportation and on-site parking provided?

A

Transportation to/from the retreat site is not included

Complimentary on-site parking is offered to all guests.

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\$750

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Q

What are the nearest airports to the retreat location

A

For those traveling out of state, BWI and DCA airports are closest to the retreat site.

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750



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Q

What are local hotel options?

A

[The Westin Washington National Harbor](#)

[Hyatt Place National Harbor](#)

[Gaylord National Resort & Convention Center](#)

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)

\$750